



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES

JAN – APRIL 2025 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code : UCC 101

Unit of Competency : SPIRITUAL FORMATION

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE

- Read all questions carefully before answering.
- Indicate your **student number**.
- Answer **ALL QUESTIONS** in **SECTION A** and any other **THREE** questions in **SECTION B**
- The paper contains 100 marks, 40 in Section A and 60 in section B

SECTION A (40 MARKS)

ANSWER ALL QUESTIONS

1. Your parent wonders what Spiritual Formation is all about

a) Define to her what Spiritual Formation is **(3 marks)**

b) Outline to her **FOUR** ways in which Spiritual formation could be important to the family

(4 marks)

2. Highlight the **THREE** categories of spiritual formation disciplines giving **TWO** examples in each case. **(6 marks)**

3. Salvation is a prerequisite to spiritual formation. Give **THREE** reasons why this is the case

(3 marks)

4. Outline **TWO** ways in which Christian meditation is different from Yoga. **(2 marks)**

5. Explain the acronym ACTS as a tool for Christian prayer. **(4 marks)**

6. Explain **TWO** things that fasting is not. **(4 marks)**

7. Highlight **FOUR** outward expressions of simplicity in the life of a Christian. **(4 marks)**

8. Explain **TWO** ways in which a student can practice the discipline of solitude and silence.

(6 marks)

9. Outline **FOUR** qualities of a spiritual director who could give spiritual guidance. **(4 marks)**

SECTION B (60 MARKS)

ANSWER ANY THREE QUESTIONS

10a. David Platt says, "If we want to know the glory of God, if we want to experience the beauty of God, and if we want to be used by the hand of God, then we must live in the word of God."

Using the palm analogy, discuss **FIVE** ways a Christian should read and understand the word of God. **(10 marks)**

b. In what **FIVE** practical ways can a Christian practice the discipline of celebration **(10marks)**

11a. Read the Biblical passage below. Using the SPECK meditation acronym, describe the various aspects on which you would meditate from it.

Philippians 4:6-9 (NIV):

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."

(10 marks)

b. You are invited to a youth conference to talk on the topic submission. Explain with relevant examples **FIVE** acts of submission that you could encourage the young people to be involved

(10 marks)

12a. With Biblical reference, discuss **FIVE** practical ways TVET students can demonstrate their worship of the Lord **(10 marks)**

b. Allan and Peter are divided about what exactly constitutes service. With practical examples, explain **FIVE** forms of service. **(10 marks)**

13a. Jane intends to fast.

i) Discuss **THREE** types of fast she could engage in **(6 marks)**

ii) **Discuss TWO** things she could engage in before breaking the fast **(4 marks)**

b. A new student comes to confess to you about a sexual struggle they have. Explain **FIVE** considerations you would engage in receiving this confession

(10marks)